

D-MANNOSE CONTRACTPTIVES**ABSTRACT**

The present invention concerns the use of D-mannose to prevent or inhibit uniting of sperm and egg in the conception process. The administration of D-Mannose to a female such that the environment of an egg has sufficient D-Mannose to inhibit interaction of sperm and the egg and prevent or inhibit conception. D-Mannose dosages may be complimentary to other methods of birth control to enhance their effectiveness.